



## *Riverside Review*

*Volume 2020*

*Issue 10*

*October 2020*

**48 W 7th Street, Rainier, OR 97048**  
**E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)**

**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**

**Open enrollment for Medicare  
runs October 15 through December 7**

**October 2, 11:30-2:00**  
**Flu Shots by Rite-Aid**  
**pick up paperwork prior to getting your shot**  
**Remember to wear a mask. Temperatures**  
**will be taken when you enter the building.**

**Starting 10/7/20 from 11am-1 pm**  
**Beth Moffett with *Understanding Your***  
***Medicare* will be here every Wednesday**  
**11 am- 1 pm during October.**

**October 20 from 10 am-12 pm**  
**Michael Leipzig with Schultz Financial**  
**Services Group will be here.**

**Call the desk to sign-up for any of these**  
**events at 503-556-3889**

**Wed. Oct. 21 @ 11:00 am**  
**Board Meeting**

**Monday, October 26 by 12:30 pm**  
**Last day to turn in your ballot to vote for**  
**Board members**

**Wed Oct. 28 at 1 pm**  
**Member meeting**

**Meals served for Rainier: 917**  
**Meals served to Clatskanie: 234**  
**Volunteer Hours: 325**

### ***Board Members***

***Jan Rich.* Pres.**  
***Carla Bodenhamer,* V Pres.**  
***Keith Ekstrom,* Sec.**  
***Rachel Kelley,* Treasurer**  
**At Large: *Clint Kelley, Barbara***  
***Foster, and Sue Beavers***  
**Newsletter Editor: *Beth Bailey***

### **Thank You!**

Blood Donation: thank you to all those that made the Senior Center Blood Drive a great success! American Red Cross left the center with 24 pints of blood which beats last year's total of 22. Thank you Judy Lepin for all the work you did to ensure this success.

A BIG THANK YOU to our Sponsors and our Members for their donations to the Senior Center during the month of August equaling a total of \$ 476.00. It is greatly appreciated.

### **Paying it Forward:**

The center was able to donate several cases of water and protein drinks to the hard working firemen. The center also donated two cases of toilet paper and one case of adult diapers for the evacuees.

### ***Hours***

**Rainier Senior Center Hours**  
**9:30 am to 2:30 pm**  
**Monday through Friday**

## Pick Your Favorite Photos to Appear in the 2021 PUD Calendar

This month you can help decide which photos will appear in the 2021 PUD Calendar. Voting is open during the month of October for the PUD's annual Calendar Photo Contest.

Because of COVID-19, all voting will be done electronically this year. You may vote online at : [www.crpud.net/calendar](http://www.crpud.net/calendar).

Please vote for up to three photos per season. We ask that individuals vote for each season one time only.

If you do not wish to receive a calendar this year, please contact PUD Community & Public Relations Specialist Kyle Boggs at [kboggs@crpud.org](mailto:kboggs@crpud.org) or (503) 366-3243.



# COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY



- Retirement Income Planning
- Wealth Management
- Tax & Estate Planning
- Medicare/Health Insurance

Visit our website or call to schedule your complimentary consultation.

[www.Schultzfs.com](http://www.Schultzfs.com)

503-543-3844

### SIGN OF THE TIMES

Sadly we had to postpone the Ice Cream Social and outdoor concert by Bo Obney due to Covid restrictions and the smoke.

If you are planning to attend any extra curricular activities announced in the newsletter please call ahead to ensure, it is still a go as we are notified without much notice that it has to be cancelled.

We will NOT be having a Holiday Bazaar in November.

Also in November at this time we are NOT planning to have our annual Thanksgiving Dinner.

We will let you know if we will be able to have our annual Holiday Dinner in December.

**Daniel Garrison, CPA,**  
2114 Columbia Blvd,  
St Helens, OR 97051  
Email: [dan@drgtax.com](mailto:dan@drgtax.com)  
**503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



**UNDERSTANDING  
MY MEDICARE**



**Beth Moffett**  
*Licensed Broker*

Phone: 503.987.1113  
Toll-Free: 1.800.424.1199  
Fax: 503.987.1769  
P.O. Box 859  
Scappoose, OR 97056  
[beth@understandingmymedicare.com](mailto:beth@understandingmymedicare.com)

[www.UnderstandingMyMedicare.com](http://www.UnderstandingMyMedicare.com)





# October Menu



28 Chicken Casserole Salad Roll	29 Fish & Chips Coleslaw	30 Corn Chowder Deli Sandwich	1 Goulash Garlic Bread Salad	2 Sweet & Sour Chicken over Rice Fruit Salad
5 Vegetable Beef Soup Biscuit	8 Baked Ham Scalloped Potatoes Vegetables Applesauce	7 Ham & Swiss Quiche Fruit Collage cheese	8 Chicken Fried Steak Mashed Potatoes Vegetable Roll	8 Cheese Burgers Macaroni salad Chips
12 Swiss Steak Baked Potatoes Vegetable Roll	13 Chicken & Dumplings Green salad	14 Cabbage Roll Casserole Roll Fruit salad	15 Chili & corn bread Salad	18 Pork Loin Potatoes Au gratin Vegetable Bread
Tuna fish and Noodles Veggies Salad Roll	19 Patty Melt Potatoes Salad Chips	20 Western Beef Stew Salad Biscuit	21 Fried Chicken Mashed Potatoes & Gravy Vegetable	22 BBQ Pulled Pork on a bun Coleslaw
26 Stuffed Pepper Casserole Green Salad	27 Homemade Tomato Soup Grilled Cheese	28 Pork Roast Potatoes & Carrots Gravy Applesauce Salad & a roll	29 Chicken Cordon Rouge Casserole Baked Potato Bread Salad	30 Meatloaf Mashed Potatoes Broccoli Salad

Rainier Senior Center Lunch Menu

503-556-3889

[www.RainierSeniors.com](http://www.RainierSeniors.com)

Call in and carry-out orders need to be in no later than 9:00 am.

Menu is subject to change without notice. \$5 for over 60 and \$7 all TO GO ORDERS \$1 more.



## Happy Birthday to our October Birthday Members

**Birthday Flower: Cosmos Birthstone: Opal**

If your birthday is not listed or wrong, please contact the reception desk

10/3 Laritta Edwards  
10/4 Bev Rea  
10/5 Ken Brown  
10/6 Charlotte Houghtlen  
10/6 Lloyd Blowers  
10/7 Suzy Gillman  
10/9 Gail Bonser  
10/10 Julie Colt  
10/13 LeAn Cole  
10/15 Carla Smith-Castle  
10/15 Dwight Rich

10/15 Ed Roberts  
10/18 Liz Pollock  
10/18 Don Salmon  
10/19 Beverly Oetmann  
10/20 Mary Scott  
10/20 Jim Everman  
10/26 Debra Dugan  
10/26 Terry Tipton  
10/27 Alice Gault  
10/28 Lillibel Welter

**Please Register your rewards program to designate the  
Rainier Senior Center as the non-profit**



**Help Our  
Senior Center  
Earn Money!**

**Register Today!**

We received \$59.98 for  
2nd Quarter from 42 families!  
Check to make sure your  
rewards card is connected  
to the center.

Look at example →



The Rainier Senior Center can earn money from  
Fred Meyer by anyone who shops there and signs  
up for the Community Rewards Program.

Link your card to:

**Rainier Senior Citizens**

- or use our non-profit number **AH614\*\*\*\***.

**You still get your reward points, fuel  
points and rebates just the same!**

## Rainier's Volunteer For October : Del Larson

Del came to Rainier after his discharge from the Navy in 1966. He worked in Kelso for Brudi Equipment and Hopps Chevron in Rainier. He has been an all around volunteer for our center for nearly 10 years. If something needs to be done Del is right there to help out. He enjoys reading and playing pinochle. And Linda tells me he is a proud father of a Columbia County Police officer, He is a Lifetime member of the Rainier Eagles and also a volunteer for them. Thank you Del for all you do for our center and our community,





## Health Assistance

Debra Kranyak, Kaiser, is not doing in person meetings but is available by phone 503-341-0543. She is also holding Webinars 3-4 times per week throughout fall enrollment.

If you are concerned and need testing, COVID testing is being provided at the Rainier Health Center, 28168 Old Rainier Rd, 503-556-2178. This is located at the high school.

Columbia Health Services has a resource referral line you can call or text with questions about resources during this time including food, child-care, healthcare, addiction/recovery, education/homeschooling or mental health. That number is 800-244-4870.

Also available is a Senior Loneliness Line:

**503-200-1633, 800-282-7035 or  
SeniorLonelinessLine.org**



## Senior Center Fundraiser

The center is raising money by selling a variety of fresh baked zucchini bread. Plain or with chocolate chips, blueberries, pineapple or walnuts.

**A regular sized loaf is \$5.00**

**A half loaf is \$3.00**

**Call 503-556-3889 to place an order**



**P O Box 216, Clatskanie, OR 97016**

**503-728-2163**

**Open Monday through Thursday**

**7 am-5:30 pm**



The center is looking for volunteers to "adopt a plot"! No, not a burial site but an outside area at the center to maintain. You would be responsible for the upkeep of the area you adopt.

**For more information contact  
Rachel at 503-369-6382.**

## Nominations for Board of Directors positions are as follows:

**President:** Jan Rich

**Vice President:** Debra Elliott

**Secretary:** Carla Bodenhamer

**Treasurer:** Rachel Kelley

**At Large:** Keith Ekstrom, Barbara Foster (Kelso), Sue Beavers and Joanne Bernard.

For those of you who do not know Debra Elliott, she has been a school administrator for over 25 years and currently serves as a volunteer Board member of Elderserv which oversees Columbia Hills Retirement housing and Spring Meadows Assisted Living in St. Helens.

**Enclosed with this newsletter is a ballot. Please vote and return your ballot to the center by October 26th.**

## **Rainier Senior Center Supporters**

**B Street Coffee  
Canterbury Inn  
Canterbury Gardens  
Columbia River PUD  
Columbia Carpet One  
Costco  
Country Financial  
Dutch Bros  
El Tapatio  
Hometown Pizza  
Kaiser Permanente  
Kerby's Fish & Chips  
Means Nursery  
Ol' Pastime Tavern  
Outpost 30  
Rainier Chevron Food Mart  
Rainier True Value  
Red Lobster  
Sound Authority  
Teri's Restaurant  
The Cornerstone Cafe  
Triangle Bowl**

**Cap "N' Yoby  
City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Delaware Plaza  
Eagles  
Foster Farms  
Fred Meyer  
Guadalajara  
InRoads  
Miracle Ear  
Monarca mexican  
Nys Tree Farm  
Napa Auto  
Rainier Hstorical Museum  
Rainier Liquor Store  
Rainier Subway  
The Dog Zone  
United Way  
US Gypsum  
Vernie's Pizza**



***"A Great Place...For Great People"***

***Rainier Senior Center  
48 West 7th Street  
Rainier, OR 97048***